

Stroke Prevention Exercise Program – SPEP Stretch Your Muscles

If you are formally participating in SPEP, your Physical or Occupational Therapist will give you a muscle stretching plan that is best for you. Only do muscles stretches that were selected for you during your recent visit to UW Hospital & Clinics. Look at the SPEP *Pocket Cards* for pictures and instructions of muscles stretches that have been selected for you.

After the cool down, stretch each major muscle group for 30-60 seconds. This will help you improve flexibility and decrease soreness. Try to hold each stretch at least 30 seconds. If needed, take a short break after the first 30-second stretch and stretch the muscle 30 seconds more.

You should feel a moderate pull but not pain when you stretch each muscle. Move into the stretch slowly and sustain the stretch for the desired length of time. Back off of the stretch if you feel pain.

== Always use a sturdy chair that does not recline or move when you lean against it. ==

Please call a UW Physical or Occupational Therapist at 608-263-8060 with questions.

All SPEP materials and videos can be found at uwhealth.org/stroke.

CALF STRETCH



Stand facing a wall or sturdy object with one foot forward and one foot behind. Point both feet toward the wall. Lean forward with your hands on the wall until you feel a moderate stretch in the calf on the back leg. Hold 30-60 seconds. Repeat with the other leg.

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CALF STRETCH



Sit with your leg on the couch or a stool. Roll up a towel and put it around the ball of your foot. Keeping your both knee and back straight, pull your toes toward you with both hands until you feel a moderate stretch in your calf. Hold 30-60 seconds. Repeat with the other leg.

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QUAD STRETCH



Stand and hold onto a sturdy object for balance. Bend the knee that is away from the wall, grab your foot with your free hand, and pull your foot toward your buttocks. Keeping your back straight, your thighs even with each other, and your knee pointed down, pull until you feel a moderate stretch on the front of your thigh. Hold 30-60 seconds. Repeat with the other leg.

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QUAD STRETCH



Lie on your side and bend the knee of your top leg. Grab your foot with your top hand and pull your foot toward your buttocks. Keeping your back straight and your thighs even with each other, pull until you feel a moderate stretch on the front of your thigh. Hold 30-60 seconds. Roll to your other side and repeat with the other leg.

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HAMSTRING STRETCH



Stand and place one foot on a chair. Keeping both your knee and back straight, slowly bend forward at the hips until you feel a moderate stretch in the back of your thigh. Hold 30-60 seconds. Repeat with the other leg.

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HAMSTRING STRETCH



Sit on a chair and place one foot on a chair or stool. Keeping both your knee and back straight, slowly bend forward at the hips until you feel a moderate stretch in the back of your thigh. Hold 30-60 seconds. Repeat with the other leg.

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BUTTOCKS STRETCH



Sit in a chair. Lift your knee toward your chest and rest your ankle on the outside of your other thigh. Use your hands to pull your knee toward the opposite shoulder until you feel a moderate stretch in your buttocks. Hold 30-60 seconds. Repeat with the other leg.

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BUTTOCKS STRETCH



Lie on your back. Lift your knee toward your chest and rest your ankle on the outside of your other thigh. Use your hands to pull your knee toward the opposite shoulder until you feel a moderate stretch in your buttocks. Hold 30-60 seconds. Repeat with the other leg.

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NECK SIDE-BEND STRETCH



Sit upright. Tilt your head to the side, moving your ear toward your shoulder. Tilt your head until you feel a moderate stretch on the other side of your neck. Hold 30-60 seconds. Repeat on the other side.

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NECK FORWARD-BEND STRETCH



Sit with your back straight. Tilt your head toward your chest until you feel a moderate stretch in the back of your neck. Hold 30-60 seconds.

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SHOULDER STRETCH



Cross one arm across your chest and press it toward your chest with your other hand. Press until you feel a moderate stretch on the back/side of your shoulder. Hold 30-60 seconds. Repeat with the other arm/shoulder.

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TRICEPS STRETCH

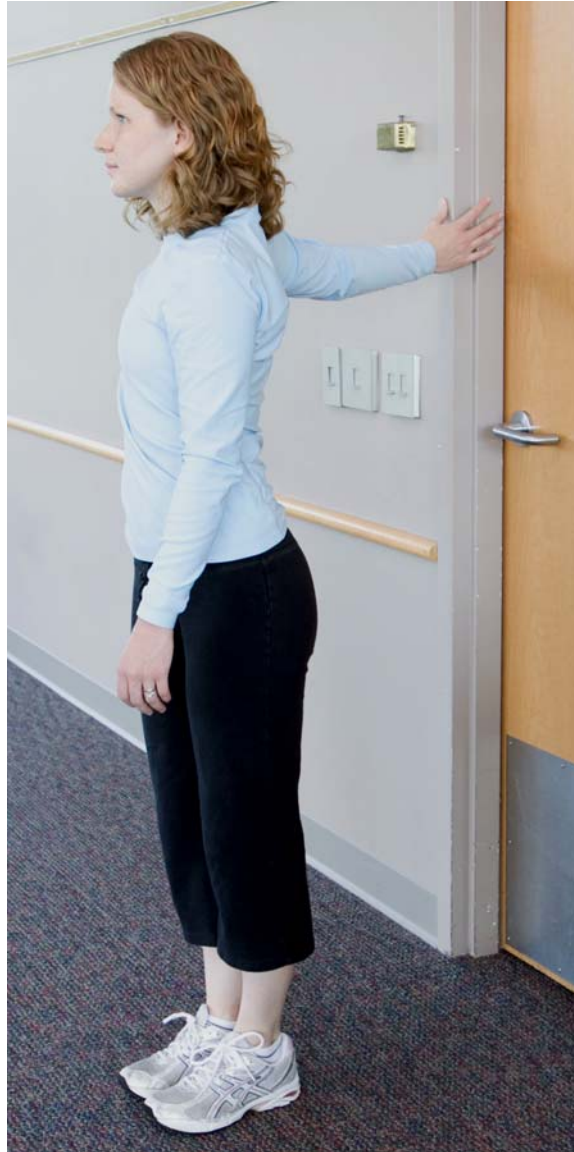


Raise one arm over your head and bend your elbow. With your other hand, grab your elbow and pull back on it until you feel a moderate stretch in the back of your upper arm. Hold 30-60 seconds. Repeat with the other arm.

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CHEST STRETCH



Stand in a doorway. Keeping your elbow straight, raise one arm 90 degrees and place your hand on the back of the doorframe. Turn your body away from that arm until you feel a moderate stretch in your chest muscle. Hold 30-60 seconds. Repeat with the other arm.

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CHEST STRETCH



Sit in a chair in a doorway. Keeping your elbow straight, raise one arm 90 degrees and place your hand on the back of the doorframe. Turn your body away from that arm until you feel a moderate stretch in your chest muscle. Hold 30-60 seconds. Repeat with the other arm.

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TRUNK STRETCH



Sit in a chair. Bend forward and reach toward your knees and toes with your hands until you feel a moderate stretch in your back. Hold 30-60 seconds.

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TRUNK STRETCH



Sit in a chair. Reach your arms over your head as high as you can. Try to lengthen your trunk. Hold 30-60 seconds.

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